

## In This Issue

- **Coronavirus and GF2B Operations Impact**
- **Coronavirus and Mental Health**
- **Volunteer of the Month:**  
-Bradley Moreland

## Resources

### Hotlines:

Text WYO to 741 741  
Call 1-800-273-8255

The Trevor Project  
1-866-488-7386

Safe2Tell Wyoming  
1-844-996-7233

### Websites:

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)  
<https://www.suicidology.org/>  
<http://www.bullying.org/>  
<https://edu.wyoming.gov/in-the-classroom/health-safety/facilities-safety/>

Thank You for your continued support



## Coronavirus and GF2B Operations Impact

We know that these are trying times for everyone with the anxiety of the Coronavirus pandemic and the risk of illness. During this time, it is important to be able to adjust to the changes of our daily lives and the impact it is having on ourselves, loved ones, and our world.

Grace For 2 Brothers has made the decision to protect our Board, our staff, and our volunteers by temporarily closing our office doors, canceling Mental Health March events, halting Loss Team calls (though we are able to assist with online resources and support groups), and trainings. We are postponing future events until we receive word that it is safe to return to our daily operations.

We are still working from home, we are monitoring our emails and social media pages, and our Peer Support Group (18+) is now taking place through video conferencing. If you are having thoughts of suicide, or have had thoughts or suicide attempts in the past and would like to join our Peer Support Group, please email Katie (email in sidebar, page 2) or Rhianna at [Rhianna.Brand@gracefor2brothers.com](mailto:Rhianna.Brand@gracefor2brothers.com).

## Coronavirus and Mental Health

During times of crisis, it is all too easy to feed into fear and anxiety. It is important to remember that everyone is struggling during this time, and that being kind, generous, thoughtful, and respectful is of the utmost importance right now.

Self-care is always a must, but especially during times like these. Once we care for ourselves, we are more capable of helping others. There are many resources out there right now to help with self-care and stress management. We have several resources on our website, there are online chats and support groups, as well as many meditation and anxiety reduction apps that are providing free resources to the public right now. Some of these apps that are providing free resources include: Sanvello for Stress & Anxiety, CALM,

Face  
Everything  
And  
Rise



**Contact Us**

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

307-256-3344

1603 Capitol Ave #410

Cheyenne, WY 82001

No matter how messed up you think you are, there will always be someone that loves you & still thinks you're amazing.  
WWW.YANILAVIGNE.NET

**WE WANT YOU!!!!!!**

Are you and your friends looking for ways to give back or want to give some of your time to help? If so, please contact Katie Baxter, at [volunteercoordinator@gracefor2brothers.com](mailto:volunteercoordinator@gracefor2brothers.com).



Headspace, Breathe, and The Mighty. Please check them out if you feel they could be helpful.



Other self-care ideas to keep in mind are: eating healthy, staying hydrated, getting exercise, maintaining a consistent schedule, getting plenty of sleep, practicing good self-hygiene, staying organized, practicing mindfulness/meditation/prayer, reading a good book, avoiding too much screen time and limiting anxiety inducing activities, such as watching too much news or spending a lot of time on social media. If you need more

resources please see this link from the National Alliance on Mental Illness: [NAMI COVID-19 Resources for Mental Health](#) . For more ideas about coping skills, please see this link from Boystown.org: [50 Coping Skills](#). Please keep in mind proper safety precautions and recommendations from the government and the CDC when looking through the ideas.

**Volunteer of the Month**

Our volunteer of the month of March is Bradley Moreland! Bradley has been attending GF2B events for a couple of years now. He is a big supporter of our cause and he helps us by spending time in the office helping with various projects as well as regularly delivers gun locks for us to locations east of Cheyenne and in Pine Bluffs.



Bradley says he enjoys volunteering for Grace for 2 Brothers because he, “believes in the purpose of our organization,” and says, “suicide is a serious problem that needs to be addressed and resolved.”

We appreciate you Bradley, you have a big heart and we always love how positive, caring, kind, and helpful you are!

---

*Grace For 2 Brothers would like to wish everyone health and safety during this trying time. Please reach out to us if you need support. We must remember that kindness and compassion is always very important, but especially now. Let's be good to one another!*